

DIABETES

AN EPIDEMIC IN NATIVE AMERICAN COMMUNITIES

Prior to the 1950's, diabetes was very rare in the Native American community. Over the last 50 years it has increased and reached epidemic proportions in all populations, but particularly the Native American population. Current research indicates that one out of six Native Americans have been diagnosed with diabetes, and many more are unaware that they have or are at risk for the disease.

This brochure explores some of the factors that have contributed to the rise in diabetes among Native Americans.

EXHIBIT NO. 16

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For additional information
visit the ITCB website at:

www.itcbison.com



Other Educational Materials:

- Website: www.itcbison.com
- Brochure number: ITBC1
Bison the Healthier Red Meat
- Brochure number: ITBC2
Cooking with Bison
- Brochure number: ITBC3
Traditional Uses of Bison

For information on where you can purchase bison meat please contact ITBC.

www.itcbison.com

"Restoring the bison, restores the people."



Brought to you by:
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DIABETES

& THE NATIVE AMERICAN POPULATION



Emphasizing the Use
of Traditional Foods

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Contributing Factors

The Native American population currently suffers from the highest rates of Type 2 diabetes.

In some communities the rate is as high as 60%. The Indian population further suffers from high rates of cardiovascular disease and various other diet related diseases. Studies indicate that Type 2 diabetes commonly emerges when a population undergoes radical diet changes.

Native Americans have been forced to abandon traditional diets rich in wild game, bison, and plants and now have diets similar in composition to average American diets. This change in the food system has had devastating effects on the health of Native American people.

Historically, Native Americans were a high-protein, low-carbohydrate people. Studies show that Indian people whose ancestors were hunters/gatherers have a different response to carbohydrates—they release more insulin after eating carbohydrates than someone whose ancestry is better adapted to that diet.

Another factor that contributes to diabetes is the change of lifestyle. Pre-reservation, most Native American people were hunters/gatherers who led physically demanding lifestyles and had a diet that was high in fiber, yet low in calories and fat.

Today, most of us have inactive lifestyles and eat a high fat diet that is not compatible with our genetics.

Bison Meat

Bison meat is low in fat and cholesterol and is compatible to the genetics of Indian people. Bison meat was the main diet of the Plains Indians who never had cancer, never had heart disease or heart attacks, and lived to be 85 – 90.

Bison meat is a good source of conjugated linoleic acid (or CLA), an important cancer-fighting fat. It is rich in the vitamin beta-carotene, a vital antioxidant that reduces cancer by preventing cell degeneration. It is also rich in a balanced combination of essential fatty acids, - the omega-3 fatty acids.

A serving of bison meat also has as much calcium as a 6 oz glass of milk; as much potassium as a medium banana; and contains vitamins E, B6, and B12.

Studies indicate that including bison meat in your diet can reduce the risk of diabetes and other diet related diseases.



What is Diabetes?

Diabetes is a disease marked by high levels of blood glucose or sugar resulting from defects in insulin production, insulin action, or both.

Type 2 Diabetes occurs when the body does not make enough insulin or cannot use the insulin it makes effectively.

Symptoms of Type 2 Diabetes

The most common symptoms of diabetes are tiredness, unusual thirst, increased appetite, blurry vision, infections that won't heal, and numbness or tingling in the hands or feet.

Prevention

We need to look to our past and remember what healthy lifestyles our ancestors had and try to incorporate that into our lives.

- Be physically active for at least 30 minutes a day for 5 days a week.
- Eat foods that are high in fiber & protein.
- Eat foods low in fat.
- Eat more fruits and vegetables.

For Further Information

For further information about diabetes visit the IHS website at:

www.ihs.gov/medicalprograms/diabetes